



NEWS IN A "HEARTBEAT"



PenMRC Volunteers to date = 320 Approved Level 1, 2, 3

WELCOME NEW VOLUNTEERS: Catherine Barton, Elizabeth Jones, Rachel Rinehart, and Victoria Trail.

THANK YOU to volunteers who served or trained in **February:** Mary Begor, Diana Cary, Leah Cassada, Martha Clift, Sonnie Cody, Carolyn Conley, Miriam Dalziel, Fran Doyle, Delores Eddins, Sidney Fink, Elizabeth Jones, Sherri Kelley-Davis, Stephanie King, Melissa Kinkoph, Mary Loesch, Maggie McNeely, Steve Neilson, Pat Olson, Amarlia Osouna, Carol Perenzin, Jaclyn Politzer, Monica Richardson, Michelle Sheeler, Beth Sigler, Barbara Smith, Claudia Spurill, Sam Tate—DVM, Donna Terry, Shelley Trautman, Larry Watson, Chuck White, Kathy Whitehead, Tim Winstanley, and Lisa Wood

69 Volunteers Provided 184.75 Hours of Service; 144.5 Non-Medical and 40.25 Medical and were sent 6 VVHS Alerts

Events and Trainings for February 2013: PenMRC Awards and Recognition Program, CAST Practical Set Up Exercise, Behind the Scenes of Epidemiology, CAST CPR and First Aid, Mennowood Retirement Blood Pressure Screenings, ICS-100, ICS- 200, ICS-5, ICS-700, Peninsula MRC Orientation.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteer Carolyn Conley provided 11 BP Screenings in February 2013.

Did you know...

The Medical Reserve Corps is a Nationwide program with 980 units and 207,978 volunteers across America? The Commonwealth of Virginia has 31 units and over 10,000 volunteers.

Sequestration and Peninsula MRC...

At the time of this writing, we are just as baffled as anyone else as to what will in fact happen, if anything. But, it is anticipated that if/when sequestration happens, there will be an impact on Federal dollars that support health and MRC programs. However those costs may be absorbed elsewhere on a more localized level. Tick tock.

Peninsula Health Dept Chronic Disease Clinic To Close:

The Peninsula Health Department's Chronic Disease Clinic will close permanently June 3, 2013. This is the result of required budget reductions for the Virginia Department of Health, and not a result of sequestration. Patients will be assisted in their transition to free or low cost clinics for continued care.

Team Liaisons

The verdict is in; we have interest in all 14 teams that the Peninsula MRC has formed. Thank you to those who stepped up to this important role via the survey. The list of

candidates is being reviewed and selections will be made. Next steps: One/One interview process.

Inside the Peninsula MRC Office:

It is a very exciting, bustling place...never a dull moment. For example:

Volunteers at the EPI Outbreak Fungal Meningitis Training on February 12, 2013. 15 volunteers were in attendance.



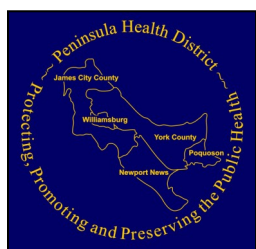
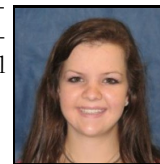
Faces in the Office:

Fran Doyle still loyally graces our office with her 'senior' administrative skills, but additional helping hands can be found in the office on any given day. Maggie McNeely a senior at Christopher Newport University is assisting with Communications and Marketing until she graduates in June,



and Leah Cassada who came to us through the Christopher Newport University Service Learning program is assisting with special projects.

Welcome!



www.ReadyHamptonRoads.org

This website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia



Training... Is still the gateway to serving, but would you like to get a copy of your training record? By using the Virginia Learning Management System TRAINVirginia, you can keep track of all of your training, and email or download a copy of your transcript, anytime or anywhere! To get started, click on <http://va.train.org>, and then click in Create an account.

Tip: In order to be able to register for a class with Peninsula MRC via TRAIN, you will need to be sure to affiliate yourself with the Medical Reserve Corps (Peninsula). To see our Training Calendar in Google, click here:

[View Eastern Region MRC Training Calendar calendar](#)

Public Health Outreach...

Is still a big part of the day to day operation in Peninsula MRC. See what's coming up:

[View Peninsula MRC Public Health and Outreach Calendar calendar](#)



Dr. Berg, Hampton Health District Director, speaking at the February 3, 2013 Awards and Recognition Event.

Volunteers enjoying the Awards and Recognition Event.



Exercises...

Everybody loves exercises, and so do we. We have the FEMA graded Surry exercises coming up this Spring. Keep an eye on what is coming up:

[View Peninsula MRC EP & R Exercise Calendar calendar](#)

(Please note, if the links to the calendars do not work on your computer, please visit our website to see them.)

Emergency Response.

It does seem like disasters are on the rise. Fortunately we don't have a calendar of events for this one. But **be prepared** because your help will be needed.

Riverside Doctors Hospital—we have the Memorandum of Understanding, and will be recruiting volunteers to assist with Surge. Call Teresa if you want to help.



Michelle Sheeler and Martha Clift helping at the CAST Pet Shelter Set Up Training, on February 23, 2013.

Contact Information:

Peninsula Medical Reserve Corps
Peninsula Health District
416 J Clyde Morris Blvd.
Newport News, VA 23601
Main: 757-594-8045
Fax: 757-594-8612

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

Teresa Blakeslee
MRC Coordinator—Program Manager
Teresa.Blakeslee@vdh.virginia.gov
757-594-8045 (Office)

Julie Segor
Assistant MRC Coordinator/Volunteer Manager
Julie.Segor@vdh.virginia.gov
757-594-7811 (Office)

Kevin Pearce
Emergency Planner, Peninsula Health District—Program Director, Peninsula MRC
Kevin.Pearce@vdh.virginia.gov
Office: 757-594-7515
Cell: 757-218-9439



E-NEWS FLASH FROM PENINSULA MRC—MARCH 2013

Volunteers Protecting the Health of Virginia